

## Understanding Food Labels

You may see the following phrases on food labels. It is important to understand what they mean so that you can make a wise choice.

<i>Phrase</i>	<i>What It Means</i>
<b>Sodium</b>	
Sodium free or salt free	Less than 5 mg per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140 mg or less of sodium per serving
Low sodium meal	140 mg or less of sodium per 3 ½ oz (100 g)
Reduced or less sodium	At least 25 percent less sodium than the regular version
Light in sodium	50 percent less sodium than the regular version
Unsalted or no salt added	No salt added to the product during processing
<b>Fat</b>	
Fat free	Less than 0.5 g per serving
Low-saturated fat	1 g or less per serving
Lowfat	3 g or less per serving
Reduced fat	At least 25 percent less fat than the regular version
Light in fat	Half the fat than the regular version